

**ABSTRACT**

The invention provides methods and kits for monitoring the status of women's health, including HRT monitoring and determination or diagnosis of ovulation, contraception, pregnancy, menopause, polycystic ovarian disease, and female sexual dysfunction. The method comprises the steps of: (a) collecting a tear fluid from a female human; (b) determining the tear concentration of at least one hormone of relevance to female fertility, sexual differentiation or sexual dysfunction in a female human, wherein the tear concentration is diagnostics of the status of women's health.